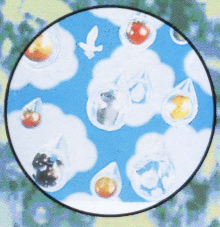
Glastonbury '98 Festival Survival Guide



- security advice
- personal safety
- site map
- drug information
- health guidance

CRIMESTOPPERS
0800 555 111
West Country

AVON & SOMERSET CONSTABULARY

national drugs helpline
0800 77 66 00

Welcome

Each and every year tens of thousands of people have an enjoyable and peaceful festival. We are here to keep you safe and happy, but we need your help to do it.

Keep your eyes and ears open for those anti-social people who prey on others. Let us know what you know and help keep yourself, your family and friends free from crime.

Avon and Somerset Constabulary

Car Crime

Warning:

Reading the following information and acting upon it could save you money, time, grief, stress and help you to have a great festival.

If you've arrived by car then here are some helpful security tips.....

CHECKLIST

- Lock all doors, the boot and close all windows.
- If you have security devices - make sure they are used/switched on.
- Most cars are broken into because thieves can see what they want so, put everything out of sight (including food and drink) or use the FREE SECURITY LOCK-UPS on site.
- Don't be tempted to leave cheque books, credit cards and mobile phones etc. in your glove box. Empty it and leave it open.
- Sets of car keys are often lost at the festival so, attach your National Drugs Helpline security tag (found in the survival kit) to your keys.
- If you've got a spare set of keys then gve them to a friend for safe keeping.
- If you lose your keys - check FOUND PROPERTY first (Wagon Shed) next to Worthy Farm.
- Got a removable radio cassette? It's better that you remove it, so put it out of sight.
- Check your vehicle lights are switched off and avoid getting a flat battery.

Remember your car is like a shop window to thieves. If you can see any property so can the car criminal.

Please put it out of sight now before it's too late.

Packed by People on Community Service with the AVON PROBATION SERVICE.

Printed on environmentally friendly paper from managed forests

Tent Security

The Glastonbury Festival provides thousands of people with three days of entertainment and enjoyment. However, while you are enjoying the music it is easy to forget that there are those who attend simply to bring misery to others by stealing property from tents. The following statements are true.

Festival Goer:

"I like to camp on my own away for the crowds"
Lone tents are more vulnerable to crime.

Tent Owner:

"We got together with some other campers and agreed to look after each others tents"
Get to know the people camping around you, agree to keep an eye on each others tents and property.

Police Officer:

"We saw a thief pick up a whole tent, put it over his shoulder and walk off"
Linking several tents together by crossing over guy ropes or using extra string can make it more difficult to do this.

Festival Medic

"It can be very distressing and dangerous when a person has their medication stolen"
Keep your medication with you or put it in the free security Lock Ups for safe keeping.

Security Officer

"It's so frustrating when a person sees someone stealing from tents and does not tell us"
Help those who are there to help you. If you see anything suspicious, such as people hanging about or entering tents, contact the Police or Festival Security STRAIGHT AWAY. Use the Description Form on page 7 if you see a suspicious person.

Police Officer

"We arrest criminals on site but we have to let them go because we can't prove the property they have is stolen"
Mark your property with your postcode followed by your house number. Don't forget to pick up your free Tent Security Kit from any of the Information Points or Campsite Warden.

Camp Site Stewards

"We found lots of pairs of jeans and shoes scattered around the campsite fields in the mornings"
Tent burglars sneak into tents at night and remove jeans and shoes because that is where money is often left. Be more inventive when hiding your valuables and spread them around.

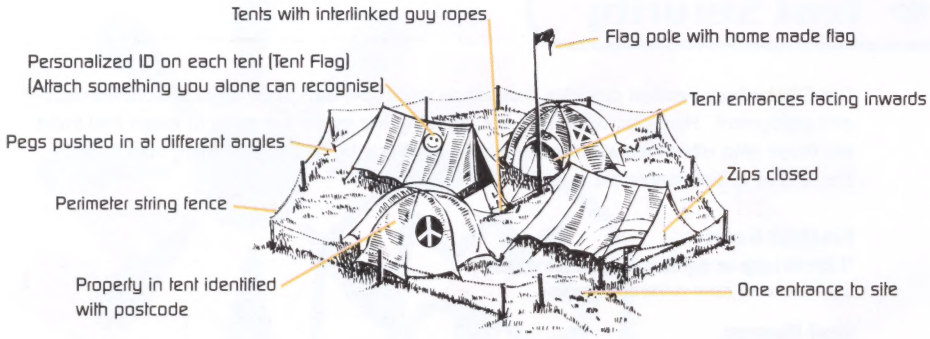
Festival Camper

"One night I put my wallet under my pillow – when I woke up the next morning it had been stolen"
Don't think you will always hear the tent burglar come into your tent because you won't. Under your pillow is not a safe place.

Security Lock Up Volunteer

"I can never understand why people don't bring their stuff here. It's free and it's safe"
There are 24 hour property lock ups around the site. They also sell cheap loo rolls and give free soap. Don't forget the free draw competition. By visiting a Lock Up, you could win a prize!

Tent Site


Tents with interlinked guy ropes
Flag pole with home made flag
Personalized ID on each tent (Tent Flag)
(Attach something you alone can recognise)
Tent entrances facing inwards
Pegs pushed in at different angles
Zips closed
Perimeter string fence
Property in tent identified with postcode
One entrance to site

Personal Safety

Camping

- Don't tell people you are camping on your own.
- Camp near other people.
- If you see someone in your tent don't challenge them – you could get hurt. Get help from the security or the police and remember a brief description of the offender. Ask someone to keep an eye on them until the appropriate help arrives.
- Try to make your tent identifiable and different from the rest. Make your own flag pole, be imaginative just make your tent different and it will help you to find it again especially at night.
- If you wake to find a stranger in your tent only you can decide how best to handle the situation. You may wish to pretend you are asleep and hope they will leave or make a noise and call out for help. It's up to you to assess the situation.
- If you become a victim of crime then please report it to the police. Remember they are there to help you.

Health

- Stomach illnesses and bugs can often spoil your festival so remember to always wash your hands before eating or preparing food.

Out and About

The best advice is put valuables in the free Security Lock Ups, but if you have to take valuables with you please follow these guidelines . . .

Don't	Do
Put all your cash in one place.	Spread it around your person.
Sit with your bag away from you.	Carry and keep your bag close to you with the clasp facing inwards.
Hold on to your bag if grabbed.	Let it go, if you hold on you could get hurt. Remember safety is more important than property. (it can always be replaced).
Walk into isolated and dark places.	If you think you are being followed then check by changing direction more than once to see if they still follow. If you are worried then go to a Security Officer, Police Officer or any of the Main Emergency Services in the area as they have radios.

Personal Possessions

If you don't need it on you then put it in the free Lock Ups or lock it out of sight in the boot of your car.

Cash — Don't put all your cash in one place, spread it around your person and never keep your cheque book with the cheque card.

Other Property — If you can't afford to lose it then put it in the security Lock Ups not in an unattended tent.

Child Safety

Keeping children safe is everybody's business. Take notice if you see a child alone or in distress and do something to help. Be aware that they might be frightened and told not to speak to strangers.

Tell your child:

- not to talk to anyone they don't know when they're out or, to wander away from you.
- never go anywhere with anyone without first telling you or the grown up in charge of them.
- to tell you if someone approaches them. Reassure them that nothing bad will happen if they tell you.
- what to do if they get lost. Tell them to go to a Police Officer, Information Point, stall holder or someone who has young children with them.

Never leave children in an unsupervised play area. There is a supervised play area on site and you can ask at the Information Point for details or see map in centre pages.

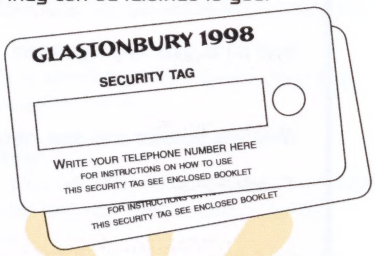
Never ask strangers to "keep an eye" on your children.

Tell children where you are camped and remember what they were wearing. Should they get lost, a description can be given out on the Radio Network.

If your child is lost they will be taken to the Lost Children's Point which is at the top of the KIDZ Field until 20.00 hrs. They will then be taken to the Welfare Unit at the Wagon Shed alongside Worthy Farm.

Survivor Kit Security Tag

Every year at Glastonbury Festival many bunches of keys are lost. Within your Survival Kit is a National Drugs Helpline plastic security tag with a hole in it. This tag is designed to fit onto your key ring so if you lose your keys they can be returned to you.


GLASTONBURY 1998
SECURITY TAG
WRITE YOUR TELEPHONE NUMBER HERE
FOR INSTRUCTIONS ON HOW TO USE
THIS SECURITY TAG SEE ENCLOSED BOOKLET

Instructions

1. Write a contact telephone number on the tag.
2. Attach tag to your key ring using the hole.

If you lose your keys

1. Check in all the usual places first.
2. If you cannot find them go to Found Property in the Wagon Shed next to Worthy Farm. Many keys are handed in. If you find any keys please take them to Found Property.

Returning found keys after the festival

1. If the keys are not claimed during the festival then the organisers will telephone the contact telephone number on the tag.
2. The caller will require you to provide them with an address to send these keys to.

Important

It is impossible to check if a caller is a genuine caller. With this in mind, DO NOT give the address where the keys will fit. Give a business or friends address.

You may be asked to send a SAE for the return of these keys.

What to do if you become a Victim of Crime....

If you have had any property stolen (including clothes) then check where it has been stolen from. Thieves are often looking for cash and they will search through property and discard it when it has been searched.

Check at Found Property which is at the Wagon Shed next to Worthy Farm as it may have been handed in. Last year a tent with all its contents was handed in.

If it's not there then you need to go to the Police Office (next to Worthy Farm on the top of the hill) and make an official report. You will be given a Crime Reference Number and this number will be essential if you intend to make an insurance claim when you get home.

The police will ask where the crime happened. Try to pinpoint a landmark so it can be recorded accurately.

It is very important to report all crime even if you think nothing can be done.

Help us to Help You!

Incident/Personal Description Form

Please Help Us To Help You

If you see anything suspicious then complete the form below and hand it to a Police Officer or Security Guard.

Incident/Personal Description Form

MALE/FEMALE

EARS/EARRINGS

COMPLEXION

MOUTH/BEARD/MOUSTACHE

UPPER CLOTHING

HANDS/GLOVES/JEWELLERY

LOWER CLOTHING

FOOTWEAR

HAIR/HAT

EYES/GLASSES

HEIGHT

COLOUR

AGE

BUILD

ACCENT

SCARS/MARKS/TATTOOS

BAGGAGE

On a separate sheet of paper, make a note of the following:

- Reason for your suspicion (what did you see)?
- When did it happen (time/day)?
- Your details (if you want to give them)
- Was a vehicle used? Yes/No – Reg No./Make/Colour of vehicle
- Is a tent being used as a base for crime?
- Location? .....colour? .....type? .....

Radio Avalon 87.7FM

The Ultimate Survival Guide

On Air June 23-29 Live 24Hrs A Day

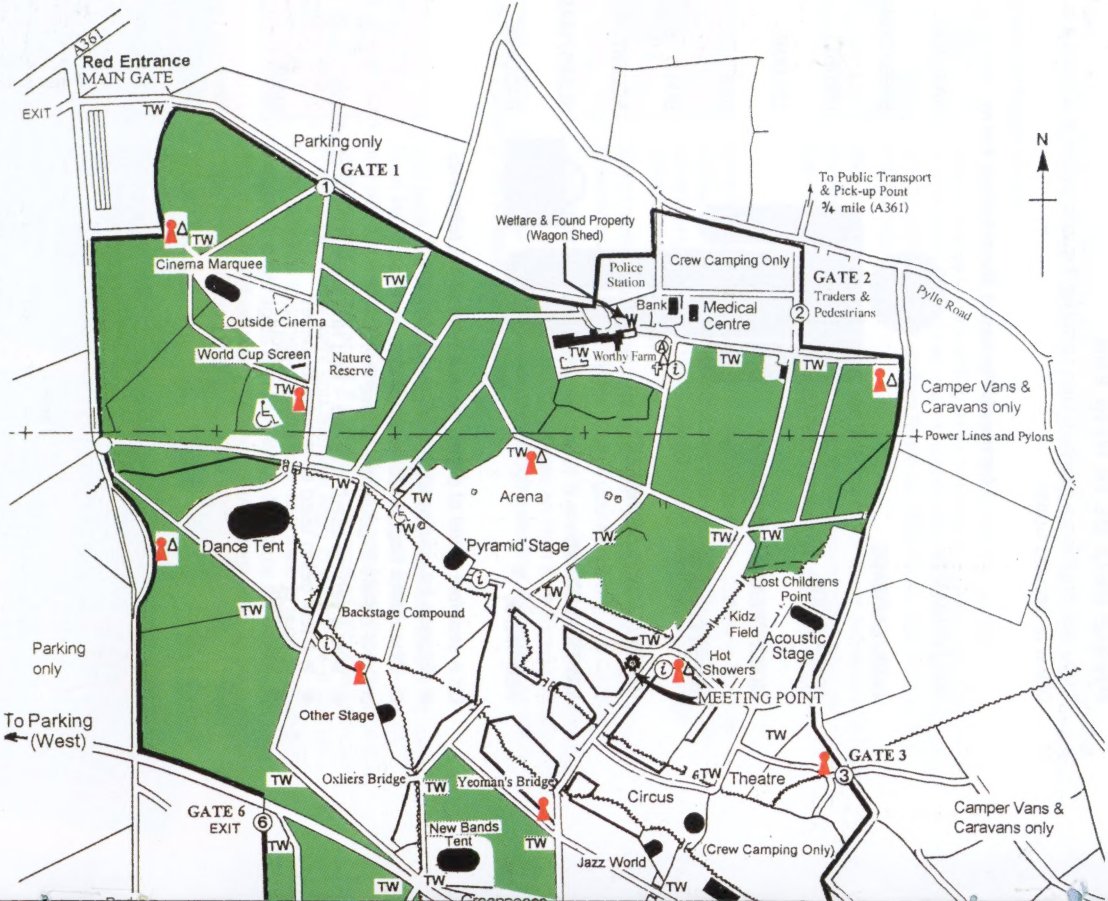
Daytime 8-10AM John Moore • 10AM-12PM Dave Benton & Merryn Tonkin
12-2PM Matt Priest & H (Dodgy) • 2-4PM Fred Williams
4-6PM Magazine & News: Jason Roseaman & Kate Salisbury
6-7PM Bob Patterson • 7-8PM Mystery Guest
8-9PM Alison Hulme & Danny Garlick • 9-11PM Mystery Guest
12AM-8AM DANCE DIMENSIONS
Daytime Guest Presenters to include: Dave VJ (Kiss 100)
Lorraine Ashdown & Janice B (Full Frontal-Kiss 100),Bentley Rhythm Ace
Janice Long & Paul Berry (Crash FM). Matt Priest & H (Dodgy) .

DANCE DIMENSIONS

25/6/98 Melt2000. Dust II Dust. Scanner (Chill Out Zone).
26/6/98 MINISTRY OF SOUND:
Jazzy M, DJ Heaven, Eric 'More' Morillo.
Alex Patterson. Dan Hill. Paul Thomas (Chill Out Zone)
27/6/98 Adam Freeland & Carl Cox (ULTIMATE RECORDS).
Sasha (ttbc). Phil Mison (Chill Out Zone)
28/6/98 PERFECTO RECORDS NIGHT: Paul Oakenfold (3hr set),
Dave Ralph, Amoeba Assassins & A Man With No Name.
29/6/98 MINISTRY OF SOUND: Bedroom Mix Winner (1hr).
SKINT RECORDS PRESENTS: Fatboy Slim,Cut La Roc,
Req, Danielsan,Sparky Light Born, Rare Force.
Melt 2000. Jason Roseaman (Eclectic Chill Out Zone).

* Line up subject to change: Listen on site or read Daily Select for updates.

GLASTONBURY 1998



KEY

ⓘ	Information, Programmes, Telephones	W	Welfare
TW	Toilets/Water	Δ	Campsite Wardens Base
⊕	First Aid		Property Lock-ups
③	Pedestrian Entrances numbered 1 to 8	Ⓐ	Radio Avalon
	Market Areas		Camping Areas

think about drink

NATIONAL AIDS HELPLINE
0800 567 123

AVON & SOMERSET CONSTABULARY

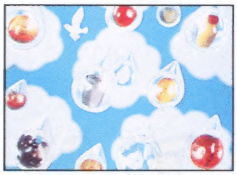
national drugs helpline
0800 77 66 00

HEALTH EDUCATION AUTHORITY

Drugs

This year's Glastonbury is going to be the best ever. To ensure you get the most out of the festival this summer please read the following information so that your Glastonbury experience is a safe one.

Ecstasy and dehydration



Water is not an antidote to ecstasy. To combat the dangers of dehydration and overheating while dancing on ecstasy, sip about a pint of non-alcoholic liquid an hour to replace lost fluids. Include fruit juices or energy drinks to keep sodium levels up. Wear loose, light clothes and chill out regularly.

Take E now and you might feel fine, but it can cause depression, anxiety and tiredness afterwards. Taking ecstasy does not guarantee you a good time. **The only truly safe option is not to take ecstasy at all.**

Speed

Speed keeps you awake and makes you think you have loads of energy. But it can also induce mood swings, irritability and panic. The comedown can last for up to a week. It can leave you completely drained and depressed.

Speed makes your heart beat faster and may beat irregularly. You can collapse and this can happen even if you are young and healthy.

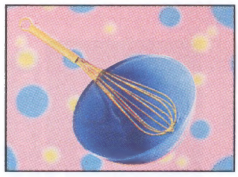
Dehydration when dancing on speed is another danger. To combat this, sip about a pint of non-alcoholic liquid an hour to replace lost fluids. Fruit juices and energy drinks can also help replace sodium lost through sweating. Remember to chill out. **The only truly safe option is not to take speed at all.**

LSD

LSD (acid, trip) is a hallucinogenic drug, which can last from 8-12 hours. Once the experience starts there is no way you can stop the process and whilst some people may experience a good trip others may become tense, panicky or paranoid. If you are upset, worried about something or in a strange environment you are more likely to experience a bad trip.

If this happens to someone you know, take them to quiet surroundings away from bright lights and loud music. Reassure the person that these feelings will gradually wear off and try and keep calm. Try and stay with them until they are feeling OK. **The only truly safe option is not to take LSD at all.**

Mixing Drugs



Taking more than one drug at the same time increases the dangers and can lead to unpredictable effects.

Alcohol dehydrates the body and so can dancing on ecstasy. If you mix the two when you're dancing you can increase the chances of dehydration.

Both speed and ecstasy increase your heart beat, by mixing them the strain on your heart could be too much. You're also more likely to overheat and dehydrate. Taking both speed and LSD can cause hallucinations and paranoia.

Using both ecstasy and LSD can make a bad trip even worse and a come down more difficult. **Taking any drug is risky, the safest option is not to. Mixing drugs just increases the risk.**

What to do in an emergency

Some drugs can make people feel very drowsy. Others can lead to people being tense and panicky. With some drugs people have overheated and become dangerously dehydrated. And in some situations people can take too much or have a bad reaction to a drug and fall unconscious.

Drug use can be dangerous and it is important that you know what to do in an emergency. The lives of friends and people around you could depend on you knowing what to do.

IF SOMEONE IS TENSE AND PANICKY

Calm them down and reassure them ● Talk quietly and explain that the panicky feeling will gradually go ● Keep them away from loud noises and bright lights ● Help them if they overbreathe (hyperventilate). When someone breathes very quickly and gasps for breath, they often get dizzy and feel sick

Overheating and dehydration can occur after dancing for long periods on ecstasy or speed. This can be dangerous and has been the main reason for ecstasy-related deaths.

THE WARNING SIGNS INCLUDE

Cramps in the legs, arms and back ● Failure to sweat ● Headaches and dizziness, vomiting ● Suddenly feeling tired ● Feeling like a wee but not doing much when you go ● Fainting

IF SOMEONE OVERHEATS OR DEHYDRATES

Move them to a cool area possibly outside ● Splash them with cold water to cool them down ● Remove unnecessary clothing and fan them ● Call for medical help as soon as possible. Explain to the medical crew what has happened and what you have done

IF SOMEONE FAINTS OR LOSES CONSCIOUSNESS

Put the person in the recovery position ● Loosen any tight clothing that might restrict their breathing ● Keep them warm by use of blankets or a coat (but not too warm). This does not apply if loss of consciousness is due to overheating ● Check their breathing. If they are not breathing be prepared to do mouth to mouth resuscitation ● Call for medical help as soon as possible. Explain to the medical crew what has happened and what you have done

IF SOMEONE IS DROWSY BUT CONSCIOUS

Put them in the recovery position and keep talking to them ● Try to stop them falling asleep ● If they want a drink give them sips of lukewarm water. It is best not to give them black coffee ● Call for medical assistance ● Medical assistance on site – If you require medical assistance on site the Medical Centre is based near the farmhouse and also in the green field just over the old railway track. In an emergency summon help from a Steward, Security Officer, Police Officer or any of the Information Points

Legal Issues

Remember substances controlled under the Misuse of Drugs Act 1971 are illegal. Carrying what you consider a small amount for personal consumption could, under law be interpreted as possession with intent to supply and carry high penalties. For example possession of ecstasy (a class A drug) carries a maximum prison sentence of 7 years and/or a fine, and although you may think it unlikely, supply of ecstasy can mean life imprisonment.

Don't let your festival enjoyment be dampened by arrest and prosecution. Even a formal caution for possession of cannabis (which stays on your record for five years) can affect your future employment prospects and ability to gain travel visas. Is it worth the risk?

For further help or information:

The National Drugs Helpline has a wide range of printed literature, which is available free of charge. You can call free for confidential advice or information from trained counsellors on 0800 77 66 00 – 24 hours a day. You can also browse our new website www.frashed.co.uk for comprehensive health and legal information about a wide range of illicit drugs.

Trashed Website Drug Information on the Internet

www.trashed.co.uk is a comprehensive website where you can get information on illicit and abusable drugs and their effects

Visitors can browse by drug name, and for each drug, search by the following categories:
About – An animated graphic, featuring popular names for the drug
Origins – History of the drug and its use
Effects – The short and long term affects of drug-taking
The Law – Highlights the legal status of a drug and the penalties for possession and supply
Composition – Illustrates what any drug could contain and has been known to contain.
Emergency – First aid advice and helpline numbers
Risks – Summarises the main health risks associated with the particular drug and the risks associated with mixing the drug with alcohol and other drugs

COMPETITION

We have 30 trashed magic mugs and mousemats and 30 National Drugs Helpline t-shirts to give away to the first 60 festival goers that return the competition form below.

Name: _____

Address: _____

_____ Age: _____

(Tick which prize you prefer)
Trashed magic mug and mousemat ❍
Ecstasy National Drugs Helpline t-shirt (38" chest) ❍
Ecstasy National Drugs Helpline t-shirt (32" chest) ❍
Speed National Drugs Helpline t-shirt (36" chest) ❍
Mixing Drugs National Drugs Helpline t-shirt (32" chest) ❍

Just answer the following three questions (answers can be found within this booklet):-

Who staffs the National Drugs Helpline? .....

When is the National Drugs Helpline available? .....

What is the National Drugs Helpline telephone number? .....

Please return this form to
Red Rooster PR Ltd, Level 3, 84-86 Regent Street, London W1R 6DD.
Closing date 30th June 1998. All winners will be notified by post no later than 30th July 1998. Competition only open to residents in the UK.

Before you rock, roll.

Planning for Glastonbury isn't easy. Which bands to see? Which t-shirts to pack? Which trainers to wear? Coach? Train? Hitch? Tent? Torch? Tickets? You're bound to leave something behind.

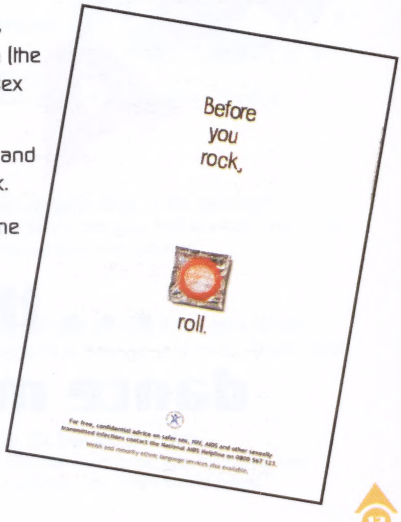
But even if you forget the bog roll you'll be glad you brought some condoms because Tony Bennett's coming – his velvet tonsils could make even your reeking tent seem sexy. And whether it's the balladeers, the booze, the sun (hopefully), or just the vibe, romance can happen fast at festivals. Even at last year's mudbath, Somerset Sexual Health Services gave out 17,000 condoms....

Obviously, you don't have to have sex but in case you decide to, run through these reminders right now...

- Be they glam or greasy, you can't tell if someone has a sexually transmitted infection just by looking – and the same goes for you!
- Have a condom handy – it doesn't mean you're looking for sex – just that you're planning ahead in case
- Make sure you use a condom to protect against sexually transmitted infections – even if you are using another form of contraception
- Always use a condom with the BSI Kitemark or European CE mark. Condoms are available from all Information Points
- Use stronger condoms and plenty of lubricant to prevent a condom tearing if you have anal sex
- If something goes wrong with your contraception, women can start taking emergency contraception (the morning after pill) any time up to 72 hours after sex

For advice or medical assistance on site, go to the Medical Centre which is based near the farmhouse and also in the green field just over the old railway track.

You can contact the Somerset Sexual Health Helpline on 01823 332727, (opening hours: Monday and Wednesday, 7-9pm, Tuesday 1-7pm and Thursday 10am - 4pm), or the National AIDS Helpline, free and confidentially on 0800 567 123. For free leaflets on sexual health matters, call the HEA Sexual Health Leafletline free on 0500 500 695.



DJ MAGAZINE PARTY

. . . the essential
dance music magazine

Getting drunk. A laughing matter?

Every year 1,000 people wind up in casualty through drinking too much. Many have acute alcohol poisoning. Some have mixed drink and drugs. They get a painful stomach pump – and a seriously unchilled image. They didn't know. Now you do.

So respect your body.
Chill your image.

Too much drink? THINK

Alcohol is measured in units. There's the same amount of alcohol (2 units) in each of the drinks opposite.
The bigger the % ABV (Alcohol by Volume) the stronger the drink.
Information online: http://www.wrecked.co.uk
DrinkLine Youth 0845 601 43578
(11am-11pm weekdays)

- A bottle of alcopop (5% ABV).
- A bottle of normal strength beer, lager or cider (3.5% ABV).
- 1/6th of a 2 litre bottle of cider (6% ABV).
- 1/2 can of strong beer, lager or cider (8% ABV).
- 1 mouthful of spirits eg. vodka, rum etc (40% ABV)

when it comes to drugs, the best thing to take is our number.

national drugs hel?line 0800 77 66 00

If you'd like more information about drugs or just a talk, give us a call free and in total confidence.